

Enhanced Food Based Menu Planning System

Meeting Breakfast Meal Pattern Requirements

Planning appetizing breakfast menus requires originality and imagination. Plan breakfasts that consider students' regional, cultural, and personal food preferences. Menus should include well liked and familiar foods. Plan for contrast in texture, flavor, size, and shape of foods to create interest.

Fluid Milk

Fluid milk may be served as a beverage or on cereal or both. A variety of fluid milk may be offered consistent with children's preferences.

Juice/Fruit/Vegetable

Fresh, canned, frozen, and dried fruits may be used interchangeably. To aid in the absorption of iron from bread and cereal products, it is recommended that a fruit or vegetable high in vitamin C be offered daily.

Grains/Breads

Use a variety of hot breads, such as cornbread, and different kinds of muffins and biscuits. Breakfast sandwiches, pancakes, waffles, or French toast may be offered. Cereals may be served hot or as prepackaged, preportioned dry cereals, including enriched or whole grain wheat, corn, rice and oats. Some of the iron fortified cereals on the

market may also contain considerable amounts of sugar and should be avoided.

Meat/Meat Alternates

Offering meat/meat alternates as part of the breakfast menu is optional. Plan to use a variety of meat/meat alternates, such as eggs, ground beef, turkey ham, cheese, nuts and seeds or nut and seed butters, yogurt, dried peas and beans, fish, or poultry. Alternate egg dishes with other main dishes. For variety use lowfat ingredients to prepare combination dishes, such as grits cheese casserole, breakfast burritos, sandwiches, and breakfast pizza. Mix nuts and seeds with dried fruits to serve as is or as a topping for hot cereal. Nuts and seeds can also be blended into pancake and waffle batters. Whenever possible, serve lower fat meat/meat alternates, such as fresh or frozen lean meat, poultry or fish, yogurt, or cooked dry beans and peas instead of processed meats. Use cheese made from skim milk, such as mozzarella. Mix lowfat cottage cheese with dried fruits to use as a spread for breads in place of cream cheese or butter. Bacon cannot be credited as meat/meat alternate due to its high percentage of fat. Offer bacon seldom, if ever.

Purchased Prepared Menu Items

The *Food Buying Guide for Child Nutrition Programs* provides information on certain commercially prepared combination foods having USDA,

Table 1 Section 12B/C Breakfast Menu Combinations Containing Required Components

Combination 1	OR	Combination 2	OR	Combination 3
8 fl. oz. milk		8 fl. oz. milk		8 fl. oz. milk
½ cup Juice*/Fruit/Vegetable		½ cup Juice*/Fruit/Vegetable		½ cup Juice*/Fruit/Vegetable
2 Grains/Breads		2 oz. Meat/Meat Alternate		1 Grains/Breads
				1 oz. Meat/Meat Alternate

*full-strength fruit or vegetable juice

Table 2 Section 12B School Breakfast Pattern for Enhanced Food Based Menu Planning

Food Component/Item	Required for			Option for Grades 7–12
	Ages 1–2	Preschool	Grades K–12	
Milk (Fluid) (As a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Juice/Fruit/Vegetable: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice.	½ cup	½ cup	½ cup	½ cup
Select one serving from each of the following components or two from one component:				
Grains/Breads (one of the following or an equivalent combination):				
Whole-grain or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	½ serving	½ serving	1 serving	1 serving
Whole-grain, enriched, or fortified cereal	¼ cup or ⅓ ounce	⅓ cup or ½ ounce	¾ cup or 1 ounce	¾ cup or 1 ounce plus an additional serving of one of the Grains/ Breads above
Meat or Meat Alternates				
Meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Alternate protein products ¹	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Egg (large)	½	½	½	½
Peanut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Cooked dry beans and peas	2 tbsp	2 tbsp	4 tbsp	4 tbsp
Nuts and/or seeds (as listed in program guidance) ²	½ ounce	½ ounce	1 ounce	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup

¹ Must meet the requirements in Appendix A of this part. Referred to in SERO as VPP (vegetable protein products).

² No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

Food Safety and Inspection Service (FSIS) standards requiring a minimum percent of meat or poultry. Products listed include canned and frozen meat, and poultry products at portion sizes to provide at least 1 ounce of cooked meat or poultry per average-size serving; and standard commercially prepared canned bean, and canned pea soups where one 1/2-cup serving provides 1/4-cup cooked beans (1 oz equivalent meat alternate).

Information for nonspecific products such as chicken, beef, or pork nuggets and patties is not provided in the *Food Buying Guide*. Nonspecific products do not require a minimum amount of meat by FSIS labeling standards of identity. There is no general way to determine how much meat or

poultry is contained in these products, especially since each manufacturer has its own formulation. School districts using these products must either obtain a CN label or manufacturer's documentation to credit each specific product used.

Offering Choices

As often as possible, offer choices in breakfast foods. Offering choices even within only one component, such as fruit/vegetable, will mean increased customer satisfaction and less food waste.

For required minimum calorie and nutrient levels, see the charts in Table 1 and Table 2, Section 12A of this manual.

Table 3 Section 12B/C Sample Breakfast Menus

Food Components	Menu	Portion
Juice/Fruit/Vegetable	Apple Juice	½ cup
Grains/Breads	Cheese Toast (Bread)	1 slice
Meat/Meat Alternate	Cheese	1 ounce
Fluid Milk	Milk	½ pint
Juice/Fruit/Vegetable	Grapefruit Juice	½ cup
Grains/Breads	Pancakes with Syrup	2 (2 Grains/Breads)
Fluid Milk	Milk	½ pint
Juice/Fruit/Vegetable	Cantaloupe Wedges	½ cup
Grains/Breads	Toasted Bagel	½ bagel
Meat/Meat Alternate	Peanut Butter	2 Tablespoons
Fluid Milk	Milk	½ pint
Juice/Fruit/Vegetable	Fruit Cup (Banana, Orange, Pineapple Chunks)	½ cup
Meat/Meat Alternate	1 Large Hard-Cooked Egg	1 large egg (2 M/MA)
Fluid Milk	Milk	½ pint
Juice/Fruit/Vegetable	Orange Juice or Banana	½ cup
Grains/Breads	Choice of Ready to Eat Cereal or Whole Wheat Toast	¾ cup 1 slice
Fluid Milk	Milk	½ pint

Enhanced Food Based Breakfast Requirements

The School Breakfast Pattern requires that four components be offered. Each breakfast menu offered and claimed for reimbursement must conform to one of three combinations. These combinations are shown in Table 1 Section 12B/C and Table 2 Section 12B. Sample menus based on these combinations are shown in Table 3, Section 12B/C.

In schools not implementing offer versus serve, a student must take full portions of all four components offered.

The reimbursable offer versus serve meal selections are shown in Table 4, Section 12B/C. In schools implementing offer versus serve, students can refuse any one of the components offered and still have a reimbursable meal.

Offer Versus Serve in the School Breakfast Program

Implementation

The School Food Authority (SFA) is allowed, but not required, to implement offer versus serve in their breakfast programs at some or all grade levels. The difference in schools implementing or

Table 4 Section 12B/C Reimbursable Offer versus Serve Breakfast Meal Selections

Selections from Combination 1	OR	Selections from Combination 2	OR	Selections from Combination 3
½ cup Juice*/Fruit/Vegetable		½ cup Juice*/Fruit/Vegetable		½ cup Juice*/Fruit/Vegetable
2 Grains/Breads		2 oz. Meat/Meat Alternate		1 oz. Meat/Meat Alternate
OR		OR		1 Grains/Breads
8 fl. oz. milk		8 fl. oz. milk		OR
2 Grains/Breads		2 oz. Meat/Meat Alternate		8 fl. oz. milk
OR		OR		1 oz. Meat/Meat Alternate
8 fl. oz. milk		8 fl. oz. milk		1 Grains/Breads
½ cup Juice*/Fruit/Vegetable		½ cup Juice*/Fruit/Vegetable		OR
1 Grains/Breads		1 oz. Meat/Meat Alternate		8 fl. oz. milk
				½ cup Juice*/Fruit/Vegetable
				1 Grains/Breads
				OR
				8 fl. oz. milk
				½ cup Juice*/Fruit/Vegetable
				1 oz. Meat/Meat Alternate
				OR
				8 fl. oz. milk
				2 oz. Meat/Meat Alternate
				OR
				8 fl. oz. milk
				2 Grains/Breads
				OR
				½ cup Juice*/Fruit/Vegetable
				2 oz. Meat/Meat Alternate
				OR
				½ cup Juice*/Fruit/Vegetable
				2 Grains/Breads

*full-strength fruit or vegetable juice

Important Point!

A second serving of vegetable/fruit or juice or a second serving of milk will not count toward the reimbursable breakfast.

Three servings of meat/meat alternate and grains/breads (in any combination) will not count as a reimbursable breakfast.

Combination food items served as a reimbursable breakfast, such as breakfast pizza or fruit turnovers, can only be counted as two items, regardless of the size, weight or number of food items the product contains.

not implementing offer versus serve is in what a student is required to take of the offered breakfast. In schools not implementing offer versus serve, a student must take full portions of all four components offered. In schools implementing offer versus serve, students are allowed to refuse any one component that they do not intend to eat. The refused component may be any of the four components offered to the student. A student's decision to accept or refuse one of the four components does not affect the charge for breakfast.

Requirements of Reimbursable Breakfast Under Offer Versus Serve

1. All four components of the School Breakfast Pattern must be offered to all students prior to the point of service.
2. The serving size offered of those four components must be consistent with the minimum quantities specified in the School Breakfast Pattern for Enhanced Meal Planning Chart.
3. The student must select full sized portions of at least three of the four offered components.

When a full portion of a food item is declined, a smaller portion may be offered. Offering smaller portions is not mandatory and is a local decision. Only full portions of menu items may be credited toward meeting the requirements for reimbursable meals.

There are a number of points to consider when identifying components:

1. A component is different from a menu item. A menu item is any planned meat/meat alternate; vegetable, fruit, or juice; grains/breads; or milk that is named on the menu to be served on a given day. Components make up menu items. A menu item may contain only one component or it may contain more than one component. Some examples of menu items that contain more than one component include peanut butter toast, ham biscuit, and egg muffin. All of these menu items are made up of two components, the meat/meat alternate and the grains/breads components.
2. To count the vegetable/fruit, the total quantity taken must be $\frac{1}{2}$ cup for age three and over. If the menu contains two $\frac{1}{4}$ cup servings of vegetable/fruit, the student would need to select both servings to fulfill the vegetable/fruit requirement.
3. To count the grains/breads as one of the three components needed for a reimbursable breakfast, a student must take a full serving. To count a meat/meat alternate component, a student must also take a full serving. For example, if a K–12 student selected a half slice of cheese toast ($\frac{1}{2}$ ounce cheese, $\frac{1}{2}$ slice bread) no credit would be given for either the meat alternate or the bread. The credit would be given if the student selected the whole cheese toast (1 ounce cheese, 1 slice bread).
4. Two servings of either a grains/breads or meat/meat alternate may be offered. A double serving of the same food (grains/breads or meat/meat alternate) will count as two components toward the reimbursable breakfast. For example: (a) two pancakes, (b) one bagel, (c) one egg omelet.

Table 5 Section 12B Identifying a Reimbursable Breakfast for Enhanced Food Based

K-12 Student Takes:		Is this a Reimbursable Breakfast?
Menu Example #1 Fruit Cup (½ cup) Hard-Cooked Egg (1) Whole Wheat Toast (1 slice) Fluid Milk (½ pint)	Fruit Cup Hard-Cooked Egg	Yes. The egg counts as two food items and the fruit cup counts as one food item. Remember, in the School Breakfast Program, ½ of a large egg will fulfill the meat requirement.
Menu Example #2 Orange Slices (¼ cup) Apple Wedges (¼ cup) Bagel (1) Fluid Milk (½ pint)	Orange Slices Bagel	No. The bagel counts as two food items (two grains/breads). However, in addition to the orange slices, the student would also need to take the apple wedges to fulfill the juice/fruit/vegetable requirement because of the serving size.
Menu Example #3 Orange Juice (½ cup) Cheese Toast (1 ounce cheese) (1 slice toast) Fluid Milk	Cheese Toast Fluid Milk	Yes. The cheese toast counts as two food items (grains/breads, meat/meat alternate). With the addition of milk, three food items have been taken.
Menu Example #4 Sliced Peaches (½ cup) Ready-To-Eat Cereal (¾ cup) Raisin Toast (1 slice) Crisp Bacon (1 slice) Fluid Milk (½ pint)	Sliced Peaches Raisin Toast Crisp Bacon	No. Only two creditable food items have been taken. The bacon is considered an “other” food that does not count toward meeting the breakfast requirements.
Menu Example #5 Orange and Grapefruit Sections (½ cup) Pancakes with Syrup (2) Fluid Milk (½ pint)	1 Pancake 2 Milk	No. Although a double portion of grains/breads or meat/meat alternate counts as two food items, a second portion of milk or juice/fruit/vegetable does not count toward reimbursement.

Enhanced Food Based School Lunch Pattern Requirements

The school lunch pattern, described in the chart in Table 8, Section 12B of this manual, provides a simple framework for planning nutritious and well balanced lunches. The requirements and recommendations for school lunches are designed to provide approximately one third of the Recommended Dietary Allowances (RDAs) for various age groups of children as specified by the National Research Council of the National Academy of Sciences. It is not expected that each lunch will provide one third of the RDAs for all nutrients, but that when averaged over a period of time in which a wide variety of foods are served, the goal will be met.

To meet the requirements of the National School Lunch Program using enhanced food based menu planning, a school lunch must contain a specified quantity of each of the food components (meat/meat alternate, vegetable/fruit, grains/breads, and milk). The quantities vary by age/grade group.

Also note that the school lunch pattern chart specifies "Minimum Quantities." Larger servings and other foods may be served at meals to improve acceptability, to satisfy students' appetites, to provide additional energy and, if carefully chosen, to increase the nutritional quality of the lunch.

Table 6 Section 12B/C Application of Terms

Components	Food Items	Menu Items
1. Meat/Meat Alternate 2. Vegetable/Fruit 3. Grains/ Breads 4. Milk	1. Meat/Meat Alternate 2. Vegetable/Fruit 3. Vegetable/Fruit 4. Grains/ Breads 5. Milk	1. Chicken 2. Potato 3. Green Beans 4. Hot Roll 5. Milk

The first step toward ensuring that the menus served and claimed for reimbursement in the SFA meet requirements is to read and understand the school lunch pattern. Please note that on the school lunch pattern chart, the meal requirements are specified according to kinds and amounts of food for each of the four food components. A minimum of five food items must be offered prior to the point of service in order to meet requirements (the vegetable/fruit component must come from two or more sources). Menu items are the actual foods served, such as tacos, fruit salad, and muffins. Menu items may contain one or more components or food items. Understanding the difference between components, food items, and menu items is essential when planning menus that meet requirements. Table 6, Section 12B/C illustrates the application of these terms, while

Table 7 Section 12B/C Menu Items Containing Two or More Food Items

Components Menu Item	Meat/MA Food Items	Veg/Fruit Food Items	Grains/Breads Food Items
Hamburger (3 Food Items)	Beef (2 ounce)	Lettuce/Tomato (¼ cup - count as one food item)	Bun
Tacos (3 Food Items)	Beef (1½ ounce) Cheese (½ ounce)	Lettuce/Tomato (¼ cup - count as one food item)	Enriched Taco Shell (2)
Cheese Pizza (3 Food Items)	Cheese (2 ounce)	Sauce (⅓ cup - count as one food item)	Pizza Crust

Table 8 Section 12B School Lunch Pattern for Enhanced Food Based Menu Planning

Food Components and Food Items	Minimum requirements				Option for Grades K-3
	Ages 1–2	Preschool	Grades K–6	Grades 7-12	
Milk (As a beverage)	6 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat or Meat Alternate (quantity of the edible portion as served):					
Lean Meat, poultry, or fish	1 ounce	1½ ounces	2 ounces	2 ounces	1½ ounces
Alternate protein product ¹	1 ounce	1½ ounces	2 ounces	2 ounces	1½ ounces
Cheese	1 ounce	1½ ounces	2 ounces	2 ounces	1½ ounces
Large Egg	½	½	1	1	½
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup	⅜ cup
Peanut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	3 tbsp
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup	6 ounces or ¾ cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:					
Peanuts, soynuts, tree nuts, or seeds as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds equals 1 ounce of cooked lean meat, poultry, or fish).	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%	¾ ounce = 50%
Vegetable or Fruit: 2 or more servings of vegetables or fruits or both.	½ cup	½ cup	¾ cup plus an extra ½ cup over a week. ²	1 cup	¾ cup
Grains/Breads: Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 servings per week ² —minimum of ½ per day.	8 servings per week ² —minimum of 1 per day.	12 servings per week ² —minimum of 1 per day. ³	15 servings per week ² —minimum of 1 per day. ³	10 servings per week ² —minimum of 1 per day. ³

¹ Must meet the requirements in Appendix A of this part. Referred to in SERO as VPP (vegetable protein products).

² For the purposes of this chart, a week equals five days.

³ Up to one grains/breads serving per day may be a dessert.

Table 7, Section 12B/C gives examples of menu items providing more than one component.

The school lunch pattern chart for enhanced food based menu planning is illustrated in Table 8, Section 12B.

Meat/Meat Alternate Component of the Reimbursable Lunch Requirement

To be counted in meeting this requirement, the following foods must be served in a main dish or in a main dish and one other menu item:

Two ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces alternate protein product; or two ounces of cheese; or one egg; or ½ cup of cooked dry beans or dry peas; or four tablespoons of peanut butter or other nut and seed butters; or eight ounces of yogurt; or one ounce of peanuts, soy nuts, and tree nuts such as walnuts and nutritionally comparable seeds (not to exceed 50% of the total required amount of meat/meat alternate); or an equivalent of any combination of the above listed foods.

Crediting Meat/Meat Alternate Items

It is sometimes difficult to determine the contribution various meat products make toward meeting

the meat/meat alternate requirement of the school lunch or breakfast by reading the label. The following important questions should be resolved regarding these meat products served in school lunches or breakfasts.

1. What percent of fat is in the meat?
2. If cooked dry beans are used, what is the volume measure? Note: the serving size of beans is measured by volume, not weight.
3. Finally, what contribution does the total product make toward meeting the meat/meat alternate requirement?

Minimum Amounts to Be Credited

Small amounts (less than ¼ oz.) of meat/meat alternate used as garnishes, seasoning, or in breading do not count toward meeting the meat/meat alternate requirement of the meal. Examples are grated Parmesan cheese used as a garnish over spaghetti or egg used in breading. Although use of such garnishes is encouraged to make the lunch more appealing, the amounts are not sufficient to make a real nutritional contribution to the lunch.

Using Combinations

Using combinations to meet the meat/meat alternate requirement is allowed under program

Table 8 Section 12B/C Meat/Meat Alternate Menu Item Combinations

The minimum required serving size for children in grades K-12 is 2 oz. of meat/meat alternate. Some examples of combinations that meet the 2 oz. requirement:

- | | |
|---|--|
| • 1 oz. cooked lean meat + 1 oz. cheese | • 1 oz. cooked fish + ½ large egg |
| • 1 oz. cooked lean meat + ¼ cup cooked dry beans | • ¼ cup cottage cheese + ½ large egg |
| • 1½ oz. cooked poultry + 1 Tbsp. peanut butter | • 1½ oz. cooked lean meat + ½ oz. cheese |
| • ¼ cup cooked dry peas + 1 oz. cheese | • 2 Tbsp. peanut butter + 1 oz. cheese |

If the K-3 option is used, the minimum required serving size of meat/meat alternate is 1½ oz. Some examples of combinations that meet the 1½ oz. requirement:

- | | |
|---|--------------------------------------|
| • 1 oz. cooked lean meat + ½ oz. cheese | • 1 oz. cooked fish + ¼ large egg |
| • 1 oz. cooked lean meat + ⅛ cup cooked dry beans | • ¼ cup cottage cheese + ¼ large egg |

regulations. However, when doing so, remember that it is more difficult for the cashier to determine if a complete meal has been selected using offer versus serve. For those schools that prefer to use a combination of meat/meat alternates in the main dish and one other menu item, the lists in Table 8, Section 12B/C show examples. If combinations are used, they should be merchandised together as a single item. For example, a soup and sandwich combo may be offered, encouraging students to select both items.

The meat/meat alternate must be served in the main dish or in the main dish with one other menu item. This means that two menu items are the maximum number that may be used to meet the meat/meat alternate requirement

Example: 1 ounce of cheese in a grilled cheese sandwich and 1 ounce of chicken in a vegetable soup.

Cooked Dry Beans or Peas

Cooked dry beans or peas may be used as a meat alternate or as a vegetable but cannot meet the requirement for both components in the same meal. Examples: 1) Beans in the chili served as the main dish may be credited as the meat alternate or as the vegetable component but not as both in the same meal. 2) Beans in the burrito may not be credited as the meat alternate if beans are served as a vegetable in the same meal.

Yogurt

Yogurt may be used to meet all or part of the meat/meat alternate requirement. It may be either plain or flavored, unsweetened or sweetened. Noncommercial and/or nonstandardized yogurt products, such as frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit, and/or nuts or similar products cannot be credited. Four ounces or $\frac{1}{2}$ cup of yogurt fulfills the equivalent of one ounce of the meat/meat alternate requirement in the meal pattern.

Nuts & Seeds

Peanuts, soy nuts, tree nuts or seeds can only count as one half of the meat/meat alternate

Important Point!

Acorns, chestnuts, and coconuts cannot be counted as a meat alternate in Child Nutrition Programs.

requirement. They must be combined in the meal with another meat/meat alternate (lean meat, poultry, fish, cheese, large egg, cooked dry beans or peas, peanut butter or other nut or seed butters) to fulfill the requirement.

Example: 1 ounce of chopped nuts served in a chicken dish with 1 ounce chicken or 1 ounce of peanuts served with a sandwich containing 1 ounce of cheese fulfills the meat/meat alternate requirement.

Crediting Lowfat and Reduced Fat Cheeses

The Food and Drug Administration (FDA) has announced regulations/requirements for foods named by use of a nutrient content claim and a standardized term for these products. The regulations allow manufacturers to reduce the fat content of their products and call them "low fat," "light" or "reduced," as appropriate, as long as the food is still nutritionally equivalent and otherwise complies with the standardized version.

In light of the FDA regulations, the Nutrition and Technical Services Division is removing its restriction and allowing lowfat and reduced fat cheeses that fall under the FDA's "Food Standards: Requirements for Foods Named by Use of a Nutrient Content Claim and a Standardized Term" to be credited toward meeting meal pattern requirements in the Child Nutrition Programs on an ounce per ounce basis, the same as regular fat cheeses.

These products can be served by themselves or in combination with regular fat cheeses.

For companies to make lowfat or reduced fat claims, this criteria must be followed: Lowfat cheese must contain 3 grams or less total fat per 50 grams of product, and reduced fat cheese must contain at least 25 percent less fat per 50 grams than the regular product.

Commercially Prepared Ready to Eat Foods

The *Food Buying Guide for Child Nutrition Programs*, revised November 2001, provides information on certain commercially prepared combination foods having USDA, Food Safety and Inspection Service (FSIS) standards requiring a minimum percent of meat or poultry. Products listed include canned and frozen meat and poultry products at portion sizes to provide at least 1 ounce of cooked meat or poultry per average-size serving; and standard commercially prepared canned bean and canned pea soups where one 1/2-cup serving provides 1/4-cup cooked beans (1 oz. equivalent meat alternate).

Information for nonspecific products such as chicken, beef, or pork nuggets and patties is not provided in the *Food Buying Guide*. Nonspecific products do not require a minimum amount of meat by FSIS labeling standards of identity. There is no general way to determine how much meat or poultry is contained in these products, especially since each manufacturer has its own formulation. School districts using these products must either obtain a CN label or manufacturer's documentation to credit each specific product used.

Meat and Poultry Topped Pizza

The Food Safety Inspection Service's (FSIS) final rule exempting meat or poultry topped pizzas from Federal meat inspection requirements was published on August 3, 1992, and effective upon publication.

The Principal Provisions of the Rule include:

- Meat or poultry products must have been previously inspected and passed in a cooked or cured ready to eat form.
- Pizzas must be served in public or private nonprofit institutions.
- Pizzas must be ready to eat with no further cooking or preparation needed.
- Pizzas must be transported directly to the receiving institution by employees of the preparing firm, receiving institution, or food service management company employed by the receiving institution.
- Firms claiming the exemption must comply with specific provisions of the Food and Drug Administration's 1976 *Food Service Sanitation Manual*, which have been incorporated by reference into the rule. In addition, the rule establishes specific requirements for the manual or machine cleaning of utensils and equipment.
- FSIS may withdraw or modify the exemption for any firm if necessary to ensure food safety and public health. The rule establishes due process procedures for taking such actions.
- Firms claiming the exemption are now free to sell fresh meat or poultry topped pizzas to school food authorities participating in the National School Lunch Program.
- Under the exemption, State and local health inspection programs have primary responsibility for sanitation. FSIS also reserves the right to conduct any inspections it deems appropriate.

Alternate Foods

Two alternate foods are authorized to meet part of the meat/meat alternate requirement: enriched

Table 9 Section 12B/C How to Determine the Contribution of a Menu Item to the Meat/Meat Alternate Component of the School Lunch Pattern

Directions: 1) Identify the product.
2) Begin with Question 1 and proceed through Question 4, advancing until the answer is "Yes."

Question 1	Question 2	Question 3	Question 4
Is the product made in a kitchen in the SFA "from scratch?" -OR- Do you know the total weight or measure of the ingredients contributing to the meat/meat alternate component (and the fat content when applicable)?	Is the purchased-prepared meat item 100% meat/meat alternate?	Is it possible to separate the meat/meat alternate from the other ingredients in the purchased-prepared menu item?	Is the purchased-prepared menu item a combination of foods from which the meat/meat alternate cannot be separated from the other ingredients?
Examples	Examples	Examples	Examples
Kitchen made chili con carne, tuna noodle casserole, turkey pot pie, and beef patties shaped from bulk ground beef.	Preformed ground beef patties and unbreaded fish portions.	Beef in BBQ sauce, corn dog, and breaded fish portions.	All products containing APP and all canned and dry cheese sauces.
If Yes , do this:	If Yes , do this:	If Yes , do this:	If Yes , do this:
Using the <i>Food Buying Guide</i> and your district's recipe for the product, determine if the total amount of meat/meat alternate used will yield the projected number of servings.	Weigh the cooked product.	Separate the meat/meat alternate from the other ingredients and weigh the cooked meat/meat alternate. -OR- Purchase a CN labeled product. -OR- Secure a product analysis sheet.	Purchase a CN labeled product. -OR- Secure a product analysis sheet.

macaroni with fortified protein and alternate protein products (APP).

Enriched Macaroni With Fortified Protein

Enriched macaroni with fortified protein is a macaroni product to which protein has been added. It is not the same as regular enriched macaroni. Enriched macaroni with fortified protein must be

combined with meat, poultry, fish, or cheese. Dry enriched macaroni with fortified protein may be used to meet no more than 50 percent of the meat/meat alternate requirement. Only products that appear on the United States Department of Agriculture (USDA) listing of acceptable enriched macaroni with fortified protein and have basically the

following statement on the label may be used: “One ounce dry weight of this product meets one half of the meat or meat alternate requirements of lunch or supper of the USDA Child Nutrition Programs when served in combination with one or more ounces of cooked meat, poultry, fish, or cheese.”

Alternate Protein Products (APP)

Developments in food technology have created new types of Alternate Protein Products that schools can now use. These products include isolates and concentrates. Recognition of these technological advances allows for greater flexibility in food formulation by offering school food service operators the option of using improved alternate protein ingredients, which result in menu flexibility and increased value for their food purchase dollars. Appendix A to Part 210 of the Federal Regulations provides the following information on Alternate Protein Products:

A. What Are the Criteria for Alternate Protein Products Used in the National School Lunch Program?

1. An alternate protein product used in meals planned under the food-based menu planning approaches in Section 210.10(k) or Section 210.10a, whichever is applicable, must meet all of the criteria in this section.
2. An alternate protein product whether used alone or in combination with meat or other meat alternates must meet the following criteria:
 - a. The alternate protein product must be processed so that some portion of the non-protein constituents of the food is removed. These alternate protein products must be safe and suitable edible products produced from plant or animal sources.
 - b. The biological quality of the protein in the alternate protein product must be at least 80 percent that of casein, determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS).

- c. The alternate protein product must contain at least 18 percent protein by weight when fully hydrated or formulated.

“When hydrated or formulated” refers to a dry alternate protein product and the amount of water, fat, oil, colors, flavors, or any other substances which have been added.

- d. Manufacturers supplying an alternate protein product to participating schools or institutions must provide documentation that the product meets the criteria in paragraphs A2, a through c of this appendix.
- e. Manufacturers should provide information on the percent protein contained in the dry alternate protein product and on an as prepared basis.
- f. For an alternate protein product mix, manufacturers should provide information on:
 - (1) the amount by weight of dry alternate protein product in the package;
 - (2) hydration instructions; and
 - (3) instructions on how to combine the mix with meat or other meat alternates.

B. How Are Alternate Protein Products Used in the National School Lunch Program?

1. Schools, institutions, and service institutions may use alternate protein products to fulfill all or part of the meat/meat alternate component discussed in Section 210.10 or Section 210.10a, whichever is applicable.
2. The following terms and conditions apply:
 - a. The alternate protein product may be used alone or in combination with other food ingredients. Examples of combination items are beef patties, beef crumbles, pizza topping, meat loaf, meat sauce, taco filling, burritos, and tuna salad.

- b. Alternate protein products may be used in the dry form (nonhydrated), partially hydrated or fully hydrated form. The moisture content of the fully hydrated alternate protein product (if prepared from a dry concentrated form) must be such that the mixture will have a minimum of 18 percent protein by weight or equivalent amount for the dry or partially hydrated form (based on the level that would be provided if the product were fully hydrated).

C. How Are Commercially Prepared Products Used in the National School Lunch Program?

Schools, institutions, and service institutions may use a commercially prepared meat or meat alternate product combined with alternate protein products or use a commercially prepared product that contains only alternate protein products.

Menu Identification of Alternate Protein Products

SFAs may choose to include products or dishes containing more than 30 parts fully hydrated alternate protein to less than 70 parts beef, pork, poultry, or seafood in the National School Lunch Program and the School Breakfast Program. To the extent that SFAs identify foods in a menu, or on the serving line or through other available means of communicating with program participants, they are required to identify such blended products or dishes in a manner which does not characterize the product or dish solely as beef, pork, poultry, or seafood. This provision is intended to ensure that program participants are not misinformed regarding the use of blended products and dishes.

Cheese Substitutes

USDA passed a rule that eliminates the specifications governing the use of cheese alternate products in the NSLP and allows any cheese substitute to be used.

Cheese Food and Cheese Spread Substitutes

Questions & Answers

1. Q: If deciding to use only ½ ounce of cheese toward meeting the full 2 ounce meat or meat alternate requirement—on a cheeseburger, for instance—may the cheese substitute product be used without combining it with natural or processed cheese?

A: Yes. ½ ounce of cheese substitute may be used in this example. Then, of course, 1 ½ ounces of cooked lean meat is needed to meet the full 2 ounce meat or meal alternate requirement.

Cheese food substitutes and cheese spread substitutes would receive the same credit as cheese foods and cheese spreads (two ounces provide one ounce of equivalent meat alternate). Remember that cheese food and cheese spread are items that have a specific standard of identity. The term “cheese product” is a category name and is nonstandardized, therefore any item that only has the name “cheese product” would receive no credit toward the meal pattern requirement. Similarly, while substitutes may receive credit in the Child Nutrition Programs, any product labeled as an imitation is not creditable.

Standards for Meat and Poultry Products

USDA standards for meat and poultry products set legal requirements for content, preparation, and labeling before being manufactured and sold in commerce. Standards of identity set specific (and optional) ingredients a food must contain—such as the kind and amount of meat, percent of fat or

moisture, and additives, if any—when a product is to be labeled or identified by a common product name.

Child Nutrition (CN) Labeling Program

The Child Nutrition (CN) Labeling Program is a voluntary Federal labeling program run by the Food and Consumer Service (FCS) of the U. S. Department of Agriculture. This program is responsible for reviewing a product formulation to determine the contribution that a single serving of that product makes toward the Child Nutrition meal pattern requirements. The meal pattern requirements specify the foods and the minimum amounts that must be served in institutions participating in the Child Nutrition Programs.

The Child Nutrition Labeling Program has specific application to the Food Based Menus and does not apply to menus developed under either NuMenus or Assisted NuMenus.

Federal Inspection

All CN labeled products must be produced under an appropriate USDA or U. S. Department of Commerce (USDC) Federal inspection program to ensure that the label statement accurately reflects the amount of each ingredient used in the product. This will help protect local food service directors from misinformation and will ensure that manufacturers with CN labeled products are competing for sales on a common basis. Federal agencies inspecting these products include:

- Food Safety and Inspection Service (FSIS) of USDA,
- Agricultural Marketing Service (AMS) of USDA, and
- National Marine Fisheries Services (NMFS) of the U. S. Department of Commerce.

Background

During the 1970's, advances in food technology and marketing increased the availability and use of commercially prepared products, such as beef patties and combination items (burritos, pizzas, egg rolls, breaded fish portions, etc.) in the Child Nutrition Programs. These products posed a problem for food service directors. It was difficult at the point of sale to determine their actual contribution toward meal pattern requirements and to assure compliance with Federal regulations for serving specific amounts of foods. This fact, coupled with the anticipation of increased sales of these products to Child Nutrition Programs, prompted USDA FCS to form an evaluation committee. The committee would determine a means for properly evaluating the contribution of these kinds of products toward the meal requirement and establish and implement a program to review and monitor such products.

Important Point!

A CN Label statement does not:

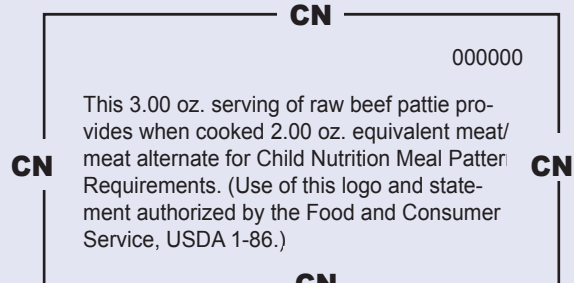
- Assure that a product is “good for children.”
- Assure that a product is “acceptable” to children.
- Suggest that products without CN statements are inferior.
- Cost more.
- Assure that a product meets the *Dietary Guidelines*.

How to Identify a CN Label

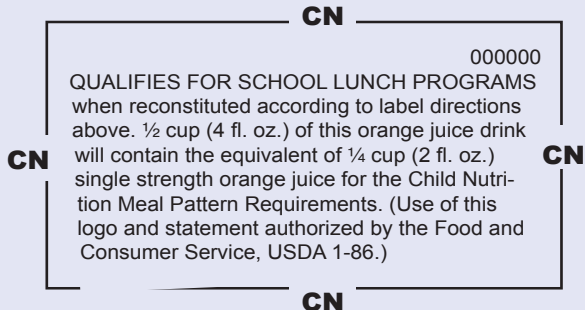
A CN label must have this information printed on the principal display panel of the label:

- CN label statement
- Product name
- Ingredient listing in descending order of predominance by weight for all ingredients
- Establishment number (meat, poultry, and seafood items only)
- Manufacturer's or distributor's name and address
- Inspection legend for the appropriate inspection (see examples in this box).

Meat Product



Juice Drink Product



Yield data from the *Food Buying Guide for Child Nutrition Programs* is used for calculating a CN labeled product's contribution toward meal pattern requirements. Using yields from the *Food Buying Guide* will help ensure that various meat/meat alternate items, regardless of cooking methods used or the addition of other ingredients, will be nutritionally equivalent.

Label Statement

The CN label statement must be an integral part of the product label and include this information:

- The CN logo, which is a distinct border around the CN statement.
- A six digit product identification number assigned by FCS, which will appear in the upper right hand corner of the CN label statement.
- The statement of the product's contribution toward meal pattern requirements

for the Child Nutrition Programs. This identifies the contribution of a specific portion of a meat/meat alternate product toward the meat/meat alternate, grains/breads and/or vegetable/fruit component of the meal pattern requirements. It also identifies the contribution that juice drinks and juice drink products make toward the vegetable/fruit component of the meal pattern requirements.

- A statement specifying that the use of the logo and CN label statement is authorized by FCS.
- The month and year the label was approved in final by FCS.

The samples shown above illustrate the general location for each component of the CN label statement.

Penalty for Misuse of CN Logo

FCS has developed a logo to protect the integrity of the CN Labeling Program, to avoid possible abuse, and to make the CN label statement easy to identify. The logo is a distinctive border design that surrounds the label statement. Companies are not allowed to use the logo or statement without permission from FCS.

If a company uses the CN logo inappropriately, FCS will notify it and give it 30 days to discontinue use of the logo. If the company continues to use the label, its name will be put on a list that will be sent quarterly to all FCS Nutrition and Technical Services regional offices. Regional offices will then circulate the list to the states. In addition, other actions may be taken.

Advantages of Using CN Labeled Products

All CN labeled products that are federally approved and have a CN logo carry a warranty. If a SFA participating in the Child Nutrition Programs purchases such a product and uses it according to the manufacturer's directions, the institution will not have an audit claim filed against it, for that CN labeled product, for noncompliance with the meal pattern requirements. If a State or Federal auditor finds

that a CN labeled product does not actually meet meal pattern requirements claimed on the label, the auditor will report this finding to the FCS national office. FCS will prepare a report on the findings and send it to the appropriate division of FSIS, AMS, NMFS, FDA, or the Department of Justice for action against the company. That office will then be responsible for auditing production records to determine whether the product, as produced, met the conditions of the CN label statement before it left the plant. If the audit shows that the product, as produced, does not meet the label statement, any or all of the following actions may be taken:

- The company's CN label may be revoked for a specific period of time.
- The appropriate agency may pursue a misbranding or mislabeling action against the company producing the product.
- The company's name will be circulated to FCS regional offices or FCS will require the food service program involved to notify the State Office of the labeling violation.

The CN label statement tells how the labeled product can be "credited" or "counted" toward

Table 10 Section 12B/C Comparison of Nutrient Concentration in a 4 Ounce Raw Ground Beef Patty and a Patty Weighing 4 Ounces after Cooking

Nutrient	Raw Ground Beef Patty (4 oz.)*	Cooked Ground Beef Patty (4 oz.)**	Difference between Raw and Cooked Patty
Protein	20.30 g	27.45 g	26.10% more
Iron	3.05 mg	3.62 mg	16.00% more
Thiamin	0.09 mg	0.10 mg	10.00% more
Riboflavin	0.18 mg	0.24 mg	25.00% more
Niacin	4.87 mg	6.12 mg	20.50% more
Water	15.05%	13.55%	10.00% less
Fat	24.05%	23.02%	4.30% less

*Ground Beef (no more than 24 percent fat)

**Cooking Methods: oven broiled, pan broiled or sauteed
Data derived from Agriculture Handbook No. 456, *Nutritive Value of American Foods*, 1975.

meeting the meal pattern requirements of the Child Nutrition Programs. Manufacturers must not use the CN label statement to promote a product's nutritional value or acceptability. For additional information about the CN Labeling Program, contact U.S. Department of Agriculture, Nutrition and Technical Services Division.

The CN label statement should not be confused with fact sheets, nutritional analyses, or letters of certification (product analysis sheets). Letters of certification are statements provided by a company official that tell a product's contribution toward the meal pattern requirements. These may contain pertinent information but are not recognized by auditors as official documentation of the product's contribution toward meal pattern requirements. These letters and fact sheets have not been reviewed by FCS and may or may not be accurate. Label statements approved at the State level for State inspected plants also are not reviewed by FCS. State approved labels and fact sheets are not covered by the CN label warranty.

Throughout this explanation, protein has been used as an indicator of nutritional value. While protein is one of the primary nutrients supplied by meat/meat alternate products, there are two other important nutrients, thiamin and iron, which are supplied through these products. A 1981 USDA study, the *National Evaluation of School Nutrition Programs*, showed that thiamin and iron frequently fail to meet the nutritional goal of the National School Lunch Program. The goal of the NSLP is for school lunches to meet an average of one third of the Recommended Dietary Allowances for certain key nutrients. Therefore, it is important to remember that the meat/meat alternate products that are served daily provide different quantities of nutrients, in addition to protein, which contribute significantly to the overall nutritional content of the school lunch. Comparison of the amounts of some of these important nutrients as provided in cooked and raw beef are provided in Table 10, Section 12B/C.

Advertising Literature, CN Labels and Product Analysis Sheets

Food purchasing for the Child Nutrition (CN) Programs is a difficult and specialized job. Like all buyers, one must be able to recognize value and quality in order to make reliable price comparison. Unlike other buyers, the person purchasing for Child Nutrition Programs must also purchase products that meet the Federal meal pattern requirements for the CN Programs. One area of particular concern is the procurement of commercially prepared meat and poultry products. It is often difficult to determine these products' contributions toward meal pattern requirements.

Important questions that should be resolved regarding such meat products served in school lunches are:

What percent fat is in the meat?

If cooked dry beans are used, what is the volume measure? (Note: Breakfast and lunch requirement for beans is measured by volume, not ounces).

What contribution does the total product make toward meeting the lunch requirement?

Questions Answers

1. Q: Does a product analysis sheet claiming a meal pattern contribution carry a USDA guarantee?

A: No.

2. Q: Does a CN labeled product carry a USDA guarantee?

A: Yes. A CN labeled product provides a warranty against audit claims if used according to the manufacturer's directions. This warranty applies to the CN labeled product portion, not the entire meal.

XYZ Food Products, 1200 Nowhere St., Anywhere, USA 00000

New School Lunch Products

Fully Cooked Charbroiled Beef Pattie (Product Code 0000)

Ingredients: Beef, Water, Fortified Textured Soy Protein Concentrate, Seasonings

Cooked Portion Size: 2.68 oz. Case Pack: 40 pcs—6.7 lb. case

Fully Cooked Charbroiled Pork Pattie (Product Code 0000)

Ingredients: Pork, Water, Fortified Textured Soy Protein Concentrate, Seasonings

Cooked Portion Size: 2.65 oz. Case Pack: 45 pcs—7.45 lb case

Preparation Instructions (from frozen state):

Conventional Oven: Preheat oven to 375° F. Cook for 50 minutes.

Convection Oven: Preheat oven to 350° F. Cook for 35 minutes.



Benefits

- Meet all FCS requirements. Provide 2 oz. of equivalent cooked lean meat for school lunch.
- Convenient Packaging.
- Easy Handling and Preparation.
- Reduced Sodium.

What is a CN Label?

A CN label is a product label that contains a statement that clearly identifies the contribution that the product makes toward the CN meal pattern requirements. This label carries a USDA warranty.

What is a Product Analysis Sheet?

A product analysis sheet contains a statement that clearly identifies the contribution that the product makes toward the CN meal pattern requirements. This statement is based on formulation and/or laboratory testing and is signed by a high-ranking official in the company. A product analysis sheet carries no USDA warranty. See sample product analysis sheet.

On occasion product analysis sheets have contained phrases like “to the best of our knowledge” and/or “contribution of the product is approximately.” A school food authority should not accept a product analysis sheet containing such language. Only product analysis sheets that certify the contribution of the product to the meal pattern requirements should be accepted.

Full size copies of the sample Product Analysis forms shown on this page are available in Section 27.

Who Reviews and Monitors Product Analysis Sheets?

Product analysis sheets are written, designed, and distributed by the individual manufacturer. Although an officer of the company signs these sheets to attest to the printed information, school officials are trusting that the company officials are making sure that the product label and production records match the description of the product on the product analysis sheet. USDA does not monitor these documents for compliance with the product formulation or the child nutrition meal pattern requirements.

The advertising literature above contains questionable information.

This advertising literature not only contains questionable information but also lacks necessary information to determine the product’s contribution toward meal pattern requirements.

Questionable Information

1. The ingredient statement lists beef, not ground beef. This means that the patties could contain partially defatted chopped beef and/or cheek meat. The fat level is not restricted to a 30% maximum level as with ground beef.
2. The fact sheet claims that the soy protein concentrate used meets all requirements of FNS Notice 219. This automatically makes these products obsolete. Schools should only purchase products that contain VPP which meet the new identity standards as set forth in Appendix A of the code of Federal Regulations issued March 9, 2000.
3. This fact sheet claims that the products described provide 2 ounces equivalent cooked lean meat for school lunch programs. The reader has no way of making this determination.
4. This fact sheet contains no certification statement.
5. This fact sheet is not signed by a high-ranking company official.

Information Needed in Order to Determine the Product's Meal Pattern Contribution

1. Weight of raw portion.
2. Percent fat of the raw meat.
3. Weight of raw meat.
4. Amount of APP in the product if the product contains APP.
5. Percent as purchased protein content of the APP.

Information Source Comparison

The CN label statement should not be confused with product analysis sheets. Product analysis sheets are documents provided and signed by a high-ranking company official that tell a product's contribution toward the meal pattern requirements. These may contain pertinent information but are not recognized by auditors or reviewers as official documentation of the product's contribution toward meal pattern requirements. These statements have not been reviewed by FCS and may or may not be accurate. Label statements approved at the State level for State-inspected plants also are not reviewed by FCS. State approved labels are not covered by the CN label warranty. For the

Table 11 Section 12B/C Product Information Source Comparison Chart

	Child Nutrition Labels	Product Analysis Sheets that contain meal pattern contribution statements and are signed by a high-ranking company official.	Advertising Literature
Description	Product label that contains a statement which clearly identifies the meal pattern contribution of the product.	Document that contains a statement which clearly identifies the meal pattern contribution of the product (must be signed).	Any printed material that contains varied information about one or more products.
Standard Information is Required	Yes	No	No
Reviewed & Monitored by USDA	Yes	No	No
Carried a USDA Guarantee	Yes—provides warranty	No	No
Product Identification Numbers	Each CN labeled product is assigned its own distinct 6-digit identification number.	The product must be identifiable by name, code number, weight, ingredient listing, etc.	No standards.
Accepted on Administrative Review	Yes	Yes	No

Questions Answers

1. Q: How can a buyer verify the accuracy of the information on a product analysis sheet?

A: There is no easy way to verify this information; however, independent laboratories may be used to test products.

2. Q: What steps can a buyer take before making a final purchasing decision?

A: Before purchasing any meat or poultry product:

- request a sample of the product and the product label and be certain that product purchased with same label is received,
- check to see if the label has percent-age ingredient listing (request percent labeling on products purchased to know the product's ingredients that contribute to the meal pattern),
- check to see if the fat content of the meat is listed on the label,
- weigh the actual product to see if the net weight is correct, and
- check to see if the USDA statement verifying the use of the alternate protein product (APP or VPP) in the Child Nutrition Programs is printed on the label (if the product contains APP or VPP). This statement is not required to appear on meat and poultry labels but often does.

3. Q: How can one identify and track a product referred to in a product analysis sheet?

A: Compare the product code and the name of the product indicated on the product analysis sheet with the label on the container

of the delivered product to ensure that the two are identical. Be certain that a product analysis sheet is on file for any commercially prepared product.

4. Q: Does the Nutrition and Technical Services Division (NTSD) review and monitor manufacturers' product analysis sheets?

A: NTSD does not review and monitor product analysis sheets on a routine basis. There is no requirement that companies send NTSD advertising literature or product analysis sheets for review. FCS is not a policing agency that handles truth in advertising. Mislabeling actions are handled by the Federal Trade Commission. NTSD will review fact sheets that use the CN label statement or CN logo inappropriately and refer such matters to the appropriate inspection agency. NTSD will periodically review product analysis sheets that reference the Child Nutrition Programs:

- when a company sends NTSD a competitor's product analysis sheet and asks for a review of the content for accuracy.
- when a regional office sends NTSD a product analysis sheet for review if:
- the SFA and/or State has made an attempt to solve the problem,
- the advertisement or product analysis sheet submitted by the region is current and the material forwarded is complete, and
- correspondence and/or information regarding the company's response when previously contacted are included.

Common Problems...

Meat/Meat Alternate

It is seldom noted on an administrative review that a menu did not offer a M/MA; however, it is often noted that the M/MA was offered in insufficient amounts. To assist in evaluating the M/MA menu items offered, refer to the flow chart in Table 9 Section 12B/C.

1. Meat products with an unknown meat and fat content are being purchased and served as a reimbursable component of the lunch.

Solution: Secure a CN label or product analysis sheet before serving the menu item. Monitor deliveries to ensure products used are those ordered and documented. Use the USDA Standards for Meat and Poultry Products to determine the content of certain products used in the program.

2. The recipe does not include a sufficient amount of M/MA to yield the predicted number of servings.

Solution: Check all SFA recipes against the *Food Buying Guide*.

3. The menu item is served with the wrong-sized utensils, thus changing the contribution of menu item to the M/MA component.

Solution: List serving size or proper utensil to be used on production record as well as recipe card. Monitor meal service and production records for unexpected leftovers or shortages.

4. Cooked dry beans or peas are used as meat alternate and vegetable in the same meal.

Solution: When using cooked dry beans or peas as the M/MA in a menu item such as bean burrito, remember to plan two other vegetables or fruits in sufficient amounts. (A reminder might be noted on the recipes for such menu items.)

purpose of the State administrative review, both CN labels and signed product analysis sheets will be accepted as supporting the contribution of a particular product to the reimbursable breakfast and/or lunch. However, the information provided will be reviewed for questionable statements. Unsigned advertising literature cannot be used to support the contribution of any product.

Vegetable/Fruit Component of the Reimbursable Lunch

The minimum required serving size of the vegetable/fruit component is $\frac{1}{2}$ cup per day plus an additional $\frac{1}{2}$ cup per week for students in grades K–6 and one cup per day for students in grades 7–12. Two or more servings of different vegetables or fruits or both must be served in order to meet the vegetable/fruit requirement. Menu items, such as fruit cocktail and mixed vegetables, are considered as only one serving. However, large combination vegetable/fruit salads, which contain the minimum daily quantity by grade groups of vegetables/fruits in combination with a meat/meat alternate intended to fulfill the role of an entree, such as a chef's salad or a fruit plate with cottage cheese, are considered as two or more servings of vegetable/fruit and will meet the full requirement. Yield information on canned soups that contain at least $\frac{1}{4}$ cup of vegetable per cup of soup can be found in the

Food Buying Guide for Child Nutrition Programs, revised November 2001.

When making the decision on portion sizes of vegetables/fruits to be served, plate waste must be a factor. Decreasing the quantity of less popular vegetables/fruits and increasing the quantity of popular vegetables/fruits served would lead to increased consumption of vegetables/fruits, which is a primary goal in meeting the *Dietary Guidelines*. Special promotions and classroom education has been shown to increase the acceptability of unfamiliar and/or less popular vegetables/fruits.

Minimum Amounts to be Credited

Small amounts (less than $\frac{1}{8}$ cup) of vegetables/fruits used for flavoring or as an optional ingredient, such as a garnish, may not be counted toward the vegetable/fruit requirement. A $\frac{1}{8}$ cup or larger serving of vegetables/fruits may be counted toward the vegetable/fruit requirement.

Examples of combinations that meet the $\frac{3}{4}$ cup vegetable/fruit per day requirement (Grades K-6):

- $\frac{3}{8}$ cup vegetable + $\frac{3}{8}$ cup fruit
- $\frac{1}{4}$ cup vegetable + $\frac{1}{4}$ cup vegetable + $\frac{1}{4}$ cup fruit
- $\frac{3}{8}$ cup vegetable + $\frac{1}{4}$ cup vegetable + $\frac{1}{8}$ cup fruit
- $\frac{3}{8}$ cup juice (full strength) + $\frac{3}{8}$ cup vegetable
- $\frac{1}{4}$ cup juice (full strength) + $\frac{1}{2}$ cup vegetable

To achieve the requirement of an additional $\frac{1}{2}$ cup vegetable/fruit served over a week, add two servings of $\frac{1}{4}$ cup per week, or one serving of $\frac{1}{2}$ cup per week, or increase several serving sizes during the week to equal the $\frac{1}{2}$ cup.

Examples of combinations that meet the 1 cup vegetable/fruit requirement (Grades 7-12):

- $\frac{3}{8}$ cup vegetable + $\frac{3}{8}$ cup fruit + $\frac{1}{4}$ cup vegetable
- $\frac{1}{2}$ cup vegetable + $\frac{1}{2}$ cup vegetable
- $\frac{1}{2}$ cup vegetable + $\frac{1}{2}$ cup fruit
- $\frac{1}{2}$ cup fruit + $\frac{1}{2}$ cup fruit
- $\frac{1}{2}$ cup juice (full strength) + $\frac{1}{2}$ cup vegetable
- $\frac{1}{4}$ cup vegetable + $\frac{1}{4}$ cup vegetable + $\frac{1}{2}$ cup fruit

Common Problems...

Vegetable/Fruit

It is often noted on an administrative review that a menu did not offer two or more V/F food items or that the items were offered in insufficient amounts.

1. Food items that do not count toward contributing to the V/F component are mistakenly used and counted. Examples of such items include pasta and rice, which actually contribute to the grains/breads (G/B) component, and hominy, pickle relish, potato chips, and tomato catsup, which are considered “other” foods and do not contribute to the school lunch pattern.

Solution: When in doubt about what contribution a particular food item makes to the school lunch patterns, always consult the *Food Buying Guide*.

2. Juice drinks are mistakenly credited as full-strength fruit juice in contributing to the V/F component.

Solution: “Juice drinks” served either in liquid or frozen form may contain only a small amount of full-strength juice. The product label may or may not indicate the per-

centage of full-strength juice in the product. This information is needed to determine the contribution of the product to the meal. Read the labels of all juice products used in the SFA and determine the appropriate portion size and contribution to the school lunch pattern accordingly. Note that some frozen sweetened juice concentrates yield a full-strength juice when diluted one to one. Read the label for directions.

3. Breaded or extruded vegetable or fruit items are served and credited before a determination of the contribution of the product to the school lunch patterns has been made. Examples of breaded items include breaded okra, onion rings, and squash. Extruded items include a variety of vegetables or fruits combined with other ingredients and are often breaded.

Solution: Determine the contribution of breaded products by removing the breading of the cooked product and measuring the volume of vegetable; document findings. Determine the contribution of extruded products by obtaining a product analysis sheet before serving.

CP02Sec12BC

Specific Requirements Regarding Dry Peas and Beans

Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal.

Foods That May Not Be Credited as Vegetable/Fruit

Rice, pasta, hominy, and potato chips may not be counted as a vegetable to meet the vegetable/fruit requirement.

Juice and Juice Drinks

The following juice products may be used toward meeting the vegetable/fruit component when these conditions are met:

1. Full-Strength Fruit or Vegetable Juice is an undiluted product obtained by extraction from sound fruit. It may be fresh, canned, frozen, or reconstituted from a concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. Examples of full-strength fruit and vegetable juice are apple (including cider), grape, grapefruit, grapefruit-orange, lemon, lime or orange, pear-apple, prune, tomato, tangerine, and vegetable. The name of the full-strength fruit or vegetable juice as it appears on the label must include the word(s) "juice" or "full-strength juice" or "single-strength juice" or "100 percent juice" or "reconstituted juice" or "juice from concentrate."
2. A Juice Drink is a product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices, or flavorings. A juice drink may be canned, frozen or reconstituted as from a frozen concentrate or a "juice base." It may be served in either liquid or frozen state or as an ingredient in a recipe. Examples of juice drinks are apple juice drink, grape juice drink, orange juice drink, and pineapple-grapefruit juice drink. A juice drink may be used toward meeting the vegetable/fruit component of the Child Nutrition Programs under these conditions:
 - It must contain a minimum of 50 percent full-strength juice. (Note: Nectars and some common juice drinks, such as lemonade and cranberry juice cocktail, do not contain sufficient quantities of full-strength juice to meet this criterion. Nectars do not commonly contain 50 percent juice and lemonade and cranberry juice cocktail require dilution beyond the 50 percent limit for palatability.)
 - Only the full-strength juice portion of the juice drink may be counted toward meeting the vegetable/fruit component for the reimbursable breakfast and lunch.
3. A Juice Concentrate may be used toward meeting the vegetable/fruit component of the Child Nutrition Programs. When a juice concentrate or a juice drink concentrate is used in its reconstituted form, it is considered a full-strength juice or a juice drink, as appropriate, and is credited accordingly. When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis; that is, credited as if it were reconstituted. For example, a gelatin product containing 1 tablespoon of orange juice concentrate per serving could receive $\frac{1}{4}$ cup fruit/vegetable credit since the orange juice concentrate theoretically could be reconstituted in a ratio of one part concentrate to three parts water (1 Tbsp. concentrate + 3 Tbsp. water = 4 Tbsp. or $\frac{1}{4}$ cup credit.)

- The name of the product as it appears on the label must contain words such as "juice drink" or "diluted juice beverage" and may indicate the percent full-strength juice in the product.
- The label ingredient statement must list "juice," "full-strength juice," "single strength juice," "reconstituted juice," "juice from concentrate," or "juice concentrate."

Good menu planning principles should be used in planning menus that use juices or juice drinks. For example, full-strength juice rather than a juice drink may be more desirable in order to keep the level of liquids in the meal at a reasonable level.

Important Point!

Full-strength vegetable/fruit juice may not be used to meet more than one-half of the vegetable/fruit requirement. Any product, either liquid or frozen, labeled "juice," "full-strength juice," "single-strength juice," or "reconstituted juice" is considered full-strength juice.

Extruded Vegetable Products

Meal pattern contributions of extruded vegetable products have not been determined for the *Food Buying Guide*. Therefore, a product analysis sheet should be used to determine the contribution extruded products make toward the meal pattern requirement.

A product analysis sheet should meet the following requirements:

1. List the product ingredients,
2. Provide an analysis of product yield and contribution to the meal pattern requirement,
3. State the amount of cooked product that is needed in order to provide a creditable serving. For example, "If prepared in accordance with the label directions, a $\frac{3}{8}$ cup cooked serving of XYZ provides $\frac{1}{4}$ cup."
4. Be signed by a legally authorized representative for the company.

Sulfiting Agents in Foods

Medical findings have linked sulfiting agents to severe adverse reaction by sensitive individuals. Individuals have been reported to suffer life-threatening respiratory distress, shock, and even coma after eating food treated with sulfiting agents.

Sulfiting agents are used in many processed foods and in cafeterias and restaurants to prevent fruits, green vegetables, potatoes, and salads from turning brown and to enhance their crispness.

For schools participating in the Child Nutrition Programs, the U. S. Department of Agriculture recommends:

1. prohibiting the addition of sulfites, such as "vegetable fresheners" and "potato whiteners," to any foods during meal preparation, and
2. discontinue purchasing foods treated with sulfiting agents.

Any questions regarding the use of sulfiting agents should be referred to local or State health authorities.

Questions Answers

Q: May salsa be credited as a vegetable/fruit component in Child Nutrition Programs?

A: Yes, under certain circumstances. In recent years, salsa has become widely accepted by students, and menu planners now use it more in the role of a vegetable side dish in amounts greater than one-eighth cup. At the same time, USDA has made a commitment to maintain flexibility in all menu planning options to help program participants serve lower fat, healthy meals. Because salsa is no longer being used primarily as a condiment and because there are numerous products available that contain only vegetable ingredients, the policy will now allow credit for the use of salsa in a reimbursable meal. Salsa may receive credit under the following criteria:

1. As with any vegetable/fruit component, the minimum amount that can be used to receive credit is one-eighth cup.
2. For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, one hundred percent of the product may be used to meet the volume requirement. The USDA commodity salsa fits into this category. For products that contain non-vegetable components, like gums, starches or stabilizers, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.
3. It is the responsibility of the purchaser to maintain documentation on the percentage of vegetable in a product. This will need to be supplied and documented by the manufacturer or can be written into a product specification that goes out for bid.

Form 2 Section 12B/C Vitamin A, C and Iron Rich Foods

Foods for Vitamin A	Foods for Vitamin C	Foods for Iron
<p><i>¼ cup serving (about 1500 or more International Units of vitamin A)</i></p> <p>Beet greens Carrots Cherries, red sour* Chili peppers, red Collards Kale Mangoes Mixed Vegetables Mustard greens Peas and carrots (canned or frozen) Peppers, sweet red Pumpkin Spinach Squash, winter (acorn, butternut, hubbard) Sweet potatoes Turnip greens</p> <p><i>¼ cup serving (about 750–1500 International Units of vitamin A)</i></p> <p>Apricots Broccoli Cantaloupe Papayas Purple plums (canned)</p> <p><i>½ cup serving (about 750–1500 International Units of vitamin A)</i></p> <p>Asparagus, green Chili peppers, green Endive, curly Nectarines Peaches (except canned) Prunes Tomatoes Tomato juice or reconstituted paste or puree</p>	<p><i>¼ cup serving about 15–25 milligrams of vitamin C)</i></p> <p>Broccoli Brussels sprouts Chili peppers, red and green Orange juice Oranges Peppers, sweet red and green Cantaloupe Cauliflower Collards Grapefruit Grapefruit juice Grapefruit-orange juice Kiwi fruit* Mangoes Mustard greens Papayas* Pineapple juice (canned-vitamin C restored) Strawberries Tangerine juice Tangerines</p> <p><i>¼ cup serving (about 8–15 milligrams of vitamin C)</i></p> <p>Asparagus Cabbage Honeydew melon Okra Potatoes (baked, boiled or steamed) Potatoes (reconstituted instant mashed-vitamin C restored) Raspberries, red Sauerkraut Spinach Sweet potatoes (except those canned in syrup) Tomatoes Tomato juice or reconstituted paste or puree Turnip greens Vegetable juice*</p>	<p>Meat/Meat Alternate</p> <p>Dry beans and peas Eggs Meats in general, especially liver and other organ meats Peanut and other nuts and seeds and their butters* Shellfish Turkey</p> <p>Vegetables and Fruits</p> <p>Apricots (canned) Asparagus (canned) Beans-green, wax, lima (canned) Bean sprouts Beets (canned) Broccoli Brussels sprouts Cherries (canned) Dried fruits-apple, apricots, dates, figs, peaches, prunes, raisins Grapes (canned) Parsnips Peas, green Potatoes (canned) Sauerkraut (canned) Squash (winter) Sweet potatoes Tomatoes (canned) Tomato juice, paste, puree, sauce Vegetables: Dark green leafy-beet greens, chard, collards, kale, mustard greens, spinach, turnip greens Vegetable juice (canned)</p> <p>Grains/Breads</p> <p>All enriched or whole-grains/breads</p> <p><small>*Addition from School Breakfast Program Guidance, USDA/FCS/NTSD, April 1989.</small></p>

Vitamin A Vegetables and Fruits

The vegetables and fruits listed will supply at least 750 International Units of vitamin A per $\frac{1}{4}$ or $\frac{1}{2}$ cup serving. When these vegetables and fruits are served at least twice a week in recommended amounts along with a variety of additional vegetables and fruits used to meet the vegetable and fruit requirement, the vitamin A content of the lunch will generally meet one-third of the Recommended Dietary Allowance for each age/grade group.

Vitamin C Vegetables and Fruits

The vegetables and fruits that provide 15 or more milligrams (per $\frac{1}{4}$ cup) of vitamin C (ascorbic acid) served at least four times in a week will provide one-third of the RDA for the age/grade group. The vegetables and fruits that provide 8 to 14 milligrams (per $\frac{1}{4}$ cup) of vitamin C if served in $\frac{1}{2}$ cup portions at least 4 times in a week will provide one-third of the RDA for the age/grade group.

Foods for Iron

Because of the way iron is distributed among many foods (meats, vegetables, fruits, and breads), it is recommended that each lunch include several foods that are worthwhile sources of iron in sufficient quantities for the age/grade group served. The list of foods for iron includes meat and meat alternate foods that supply at least 1.0 milligram of iron per two-ounce serving of meat or alternate, breads and other foods that supply 0.6 milligram of iron per serving, and fruits and vegetables that provide at least 0.3 milligram of iron per $\frac{1}{4}$ cup serving.

The extent the body can make use of the iron in foods depends not only on the amount of iron in foods but on the source of iron, whether it comes from a meat or a nonmeat source, and on the other foods that are eaten in the meal. The body can make better use of the iron in these foods if they are eaten in the same meal with a good source of vitamin C or along with meat.

Grains/Breads Component of the Reimbursable Lunch

The daily minimum lunch requirement of grains/breads for students ages three and over is a minimum of one serving per day and eight servings over a five-day week for preschoolers; 12 servings per week for grades K-6; 15 servings per week for grades 7-12; and a 10 servings per week option for grades K-3. One dessert daily may be credited as a grains/breads serving for grades K-12.

A serving may be:

- 1 slice of whole-grain or enriched flour bread.
- A whole-grain or enriched meal or flour biscuit, bagel, roll, tortilla, muffin, cracker, etc.
- A serving of cooked whole-grain or enriched cereal grains, such as rice, bulgur, oatmeal, corn grits, or couscous.
- A serving of whole-grain, enriched or fortified ready-to-eat breakfast cereal.
- A serving of whole-grain, enriched or fortified cereals or bread products that are used as an ingredient in another menu item (such as crispy rice treats, oatmeal cookies, or breading on meats, fish or poultry).
- A serving of cooked enriched or whole-grain macaroni or noodle products. Enriched macaroni-type products with fortified protein (as specified in Appendix A to program regulations) may be counted as meeting either the grains/breads requirement or the meat or meat alternate requirement of lunches but not both in the same meal.
- A serving of grain-based sweet dessert products such as cookies, cakes, doughnuts, toaster pastries, coffee cake, formulated grain-fruit products, or sweet rolls when made with whole-grain and/or

enriched meal or flour. Up to 1 grains/breads serving per day may be a dessert.

- A serving of pie crust when made from enriched or whole-grain meal or flour from dessert, meat/meat alternate, or other pies.
- A serving of snack products such as hard pretzels, hard bread sticks, and chips made from whole-grain and/or enriched meal or flour.

For each day less than a five-day week, the school may decrease the servings per week by approximately 20 percent grains/breads (one-fifth). Use the chart in Table 12 Section 12B to help you determine the number of grains/breads servings needed.

Criteria for Determining Acceptable Grains/Breads

The following criteria were used as a basis for crediting items to meet the grains/breads requirement:

1. The item must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
2. The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well as bran and/or germ; or fortified. If it is enriched, the item must meet the U.S. Food and Drug Administration's Standards of Identity for enriched bread, mac-

Table 12 Section 12B Grains/Breads Servings

Number of serving days in Week	Number Required Grains/Breads Servings		
	Grades K-6	Grades 7-12	Option K-3
5	12.0	15.0	10.0
4	9.6	12.0	8.0
3	7.2	9.0	6.0
2	4.8	6.0	3.0
1	2.4	3.0	2.0

Important Point!

At least one full-sized serving of grains/breads must be offered with lunch each day. Grains/breads servings offered at breakfast cannot be counted as contributing to the grains/breads requirements for lunch.

aroni and noodle products, rice, cornmeal, or corn grits.

3. The item must be provided in quantities specified in the regulations and in minimum serving sizes as specified in Chart 6 (Form 3 Section 12B/C).

Criteria for Determining Equivalent Minimum Weight of a Serving

The following criteria must be used in determining the minimum weight of grains/breads items. In calculating the reference servings in Chart 6, the amounts of key nutrients for each item were averaged from the available data for items of that type. It was determined that the key nutrients in the items were basically furnished by the enriched flour and/or whole-grain ingredient. Food items have been divided into groups according to the product weight, which will yield the enriched flour and/or whole-grain equivalent of a 25 gram (or 0.9 ounce) slice of white bread. Within each group, all items have approximately the same nutrient and grain content per serving. The minimum weight of each group is based on the enriched flour and/or whole-grain content of the product (exclusive of fillings, toppings, etc.).

1. Crediting of foods will be determined by the total amount of enriched flour and/or whole-grain in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain meal and flour.

- a. For the types of food items listed in Groups A-G of Chart 6, to count as one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour.
 - b. For the types of food items listed in Groups H and I of Chart 6, to count as one full serving, the weights and volumes listed must be used.
2. One-fourth of a serving is the smallest amount allowable to be credited toward the grains/breads requirement.

Additional Reminders Regarding G/B

1. Do not include G/B food items offered at breakfast as contributing to the required number of servings of G/B per week required by the school lunch pattern.
2. When a choice of two or more items which contain different amounts of G/B is offered on a serving line, credit for the larger sized G/B should be given for the day. For example, if the menu offers an entree choice of Hamburger on Bun (2 G/B) or Breaded Chicken Nuggets (1 G/B), the entree should be counted as offering 2 G/B.

Common Problems...

Grains/Breads

It is often noted on an administrative review that a menu did not offer one serving of G/B per day and/or 12 servings (K-6) or 15 servings (7-12) of G/B per week.

1. Purchased-prepared (or partially-prepared) G/B items are served and credited as contributing to the school lunch pattern before it has been determined whether the items are enriched and/or whole-grain. Examples of purchased-prepared G/B items include frozen pancakes and waffles, refrigerated rolls, taco shells, tortillas and tortilla pieces, dry biscuit and muffin mixes and prepared pizza crusts. See the sample product analysis form.

Solution: Secure an ingredient statement from the individual product wrapper, bulk packing container, or manufacturer demonstrating that the item contains whole-grain and/or enriched flour and/or meal. Each serving must contain at least 14.75 grams of enriched flour and/or

meal or whole-grain to be credited as one full serving of grains/breads or each serving must meet the minimum serving sizes identified on Chart 6.

2. A smaller-sized portion of the menu item being credited daily as G/B is served in the lower grades, thus reducing the serving size to less than one full serving. Examples of G/B menu items for which the serving sizes might be commonly reduced for students in the lower grades include rice, macaroni and spaghetti, taco shells, and crackers.

Solution: When reducing the portion size of a G/B menu item to less than a full-sized serving for students in the lower grades, be certain that the item is not the sole source of G/B in the daily menu. Less than a full-sized serving of G/B may be counted toward the weekly G/B requirement, but the daily minimum requirement is one full serving of G/B.

Definitions

“Flour” is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour includes all grains (wheat, rye, corn, etc.).

“Meal” is the product derived by coarsely grinding corn, oats, wheat, etc.

“Whole-grain” is the edible part of wheat, corn, rice, oats, rye, barley, etc. Parts of the grains such as the germ or the bran are not considered whole-grain.

“Cereal Grain” is the edible part of a whole grain that has been processed for consumption.

“Breakfast Cereal” is any cereal grain served in a cold and dry form. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

“Enriched” means that the product conforms to the Food and Drug Administration’s Standard of Identity for levels of iron, thiamin, riboflavin, and niacin. The terms “enriched,” “fortified,” or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements. “Whole-grain” flour or meal is the product derived by grinding the entire grain minus the husk/hull. If a flour or meal does not contain all edible parts of the grain, it is not whole-grain.

Foods That Do Not Qualify as Grains/Breads

Certain snack-type foods, such as cheese puffs, popcorn, or potato chips, do not qualify as G/B (see Chart 6 for creditable items) and may not be credited toward meeting the bread requirement in meals served under the Child Nutrition Programs. Refer to the *Food Buying Guide* Section 5, Other Foods for specific items that can not be credited toward the meal components but may be served as extra food items.

Note: When any cereal grain is used as an ingredient in a grains/breads product, use the serving size given for the appropriate bread group. For example, a serving of oatmeal bread should weigh 25 grams (Group B).

Purchased Grains/Breads Products

Form 4 Section 12B/C provides a prototype form which may be used to obtain information from vendors regarding product formulations when products do not appear on Chart 6. This will

Form 4 Section 12B/C.
Product Analysis (Product Formulation) Information to Provide for a Grains/Breads Product

This product analysis form is an example of one that provides information to assist the purchaser in determining the extent a product is purported to contribute to the meal pattern requirement.

Product Name: _____
Manufacturer: _____
Product code number: _____ Package size: lbs. _____ oz. _____ grams _____
Number of servings per package: _____ Volume and weight of one serving of product: _____
Product description: _____

Grain Ingredients in product (Note: Primary grain ingredient must be enriched or whole grain flour or meal.) _____

Weight of grain (The gram weight in one serving of product. Note: It takes 14.75 grams of whole grain or enriched flour or meal, bran or germ; or an equivalent amount of cereal as provided in FCS Instruction 783-1, Rev. 2, to equal 1 serving Grains/Breads. Grains/Breads may be credited in ¼ serving increments.) _____

I certify that the above information is true and correct, and that one serving of the above product (ready to eat) contains _____ serving(s) of Grains/Breads.

Signature _____ Title _____
Printed Name _____ Date _____

Manufacturer:
Name: _____
Address: _____
Telephone: _____ FAX #: _____
Broker/Manufacturer Representative:
Name: _____
Address: _____
Telephone: _____ FAX #: _____

Form 3 Section 12B/C

Chart 6. Grains/Breads for Child Nutrition Programs

Group A

1 serving = 20 grams or 0.7 oz.
 $\frac{3}{4}$ serving = 15 grams or 0.5 oz.
 $\frac{1}{2}$ serving = 10 grams or 0.4 oz.
 $\frac{1}{4}$ serving = 5 grams or 0.2 oz.

Breading Type Coating
 Bread Sticks, hard
 Chow Mein Noodles
 Crackers, saltines and snack
 crackers
 Croutons
 Pretzels, hard
 Stuffing, dry Note: weight applies
 to bread in stuffing

Group B

1 serving = 25 grams or 0.9 oz.
 $\frac{3}{4}$ serving = 19 grams or 0.7 oz.
 $\frac{1}{2}$ serving = 13 grams or 0.5 oz.
 $\frac{1}{4}$ serving = 6 grams or 0.2 oz.

Bagels
 Batter Type Coating
 Biscuits
 Breads, white, wheat, whole
 wheat, French, Italian
 Buns, hamburger and hot dog
 Crackers, graham (all shapes),
 animal crackers
 Egg Roll Skins
 English Muffins
 Pita Bread, white, wheat, whole
 wheat
 Pizza Crust
 Pretzels, soft
 Rolls, white, wheat, whole wheat,
 potato
 Tortillas, wheat or corn
 Tortilla Chips, wheat or corn
 Taco Shells

Group C

1 serving = 31 grams or 1.1 oz.
 $\frac{3}{4}$ serving = 23 grams or 0.8 oz.
 $\frac{1}{2}$ serving = 16 grams or 0.6 oz.
 $\frac{1}{4}$ serving = 8 grams or 0.3 oz.

Cookies, plain*
 Cornbread
 Corn Muffins
 Croissants
 Pancakes
 Pie Crust, dessert pies*,
 meat/meat alternate pies, and
 fruit turnovers**
 Waffles

Group D

1 serving = 50 grams or 1.8 oz.
 $\frac{3}{4}$ serving = 38 grams or 1.3 oz.
 $\frac{1}{2}$ serving = 25 grams or 0.9 oz.
 $\frac{1}{4}$ serving = 13 grams or 0.5 oz.

Doughnuts, cake and yeast
 raised, unfrosted**
 Granola Bars, plain**
 Muffins, all except corn
 Sweet Roll, unfrosted**
 Toaster Pastry, unfrosted**

Group E

1 serving = 63 grams or 2.2 oz.
 $\frac{3}{4}$ serving = 47 grams or 1.7 oz.
 $\frac{1}{2}$ serving = 31 grams or 1.1 oz.
 $\frac{1}{4}$ serving = 16 grams or 0.6 oz.

Cookies, with nuts, raisins, choco-
 late pieces and/or fruit purees*
 Doughnuts, cake and yeast
 raised, frosted or glazed**
 French Toast
 Grain Fruit Bars**
 Granola Bars, with nuts, raisins,
 chocolate pieces and/or fruit**
 Sweet rolls, frosted**
 Toaster Pastry, frosted**

Group F

1 serving = 75 grams or 2.7 oz.
 $\frac{3}{4}$ serving = 56 grams or 2 oz.
 $\frac{1}{2}$ serving = 38 grams or 1.3 oz.
 $\frac{1}{4}$ serving = 19 grams or 0.7 oz.

Cake, plain, unfrosted*
 Coffee Cake**

Group G

1 serving = 115 grams or 4 oz.
 $\frac{3}{4}$ serving = 86 grams or 3 oz.
 $\frac{1}{2}$ serving = 58 grams or 2 oz.
 $\frac{1}{4}$ serving = 29 grams or 1 oz.

Brownies, plain*
 Cake, all varieties, frosted*

Group H

1 serving = $\frac{1}{2}$ cup cooked or 25
 grams dry

Barley
 Breakfast Cereals, cooked***
 Bulgur (cracked wheat)
 Macaroni, all shapes
 Noodles, egg, all varieties
 Pasta, all shapes
 Ravioli, noodle only
 Rice, enriched white or brown

Group I

1 serving = $\frac{3}{4}$ cup or 1 oz., which-
 ever is less

Breakfast Cereal, cold, dry***

*Allowed only for desserts under the Enhanced Food Based Menu Planning System.

**Allowed for desserts under the Enhanced Food Based Menu Planning System; allowed for breakfast under Traditional and Enhanced Food Based Menu Planning Systems.

***Refer to School Breakfast Pattern Chart for the appropriate serving sizes for students ages 1 through 5.

Some of the above foods, or their accompaniments, may contain more sugar, salt and/or fat than others. To meet *Dietary Guidelines*, serve prod-
 ucts low in fat, sugar and salt.

enable the SFA to determine how to credit these purchased products toward the grains/breads requirement. A full size form for printing may be found in Section 27.

Milk Component of the Reimbursable Lunch

All milk served shall be pasteurized fluid types of milk, all of which must meet State and local standards for each milk. The milk shall contain vitamins A and D at levels specified by the FDA and consistent with State and local standards. To meet the *Dietary Guidelines*, it is recommended that the fluid milk with the lowest fat and sugar content be offered.

Prohibition on Choice of Beverage

USDA has ruled that a school may not offer juice for free to students who refuse milk, while charging other students who selected milk as part of their meal, an a la carte/special sales price for juice. Such a practice is prohibited because it violates the unit pricing requirement and effectively undermines the milk component as an integral part of the reimbursable meal by offering a substitute beverage at the unit price.

A similar practice has also been observed in schools that mistakenly offer a choice among milk, tea and fruit-flavored drinks with “beverage” erroneously considered to be a meal component. As discussed above, schools are prohibited from charging extra for an alternate beverage for students who accept milk, while giving away an alternate beverage to those who refuse milk.

In the State-local agreement schools consent to price lunches as a unit. Thus, schools agree to offer five food items at a locally established unit price for lunch (and to offer four food items at a given breakfast unit price). The school meal patterns specify fluid milk as a component; the only substitutions allowed are for documented medical reasons.

Important Point!

Schools are required to offer fluid milk as a beverage. Schools are also required to offer a variety of fluid milk consistent with students’ preferences in the prior year. If a specific type of milk represents less than one percent of the total amount of milk purchased in the previous year, the school may elect not to offer that type of milk for lunch.

Regulations permit any of the following:

1. to offer milk as an integral part of the meal pattern and to charge a separate (a la carte/special sales) price for juice (or fruit-flavored drink or tea) to all students. Schools are urged to consider the offerings and the pricing structure with the goal of encouraging students to accept and consume a nutritionally balanced, reimbursable meal; or
2. to give away juice (or fruit-flavored drink or tea) to all students who request it, regardless of whether they have accepted milk as part of the reimbursable meal. That is, a school may offer another beverage in addition to milk, as long as students are aware that they may take both the milk and the other beverage as part of the unit-priced meal; or
3. to incorporate juice as a creditable fruit/vegetable food item within the reimbursable meal (along with milk, grains/breads, meat/meat alternate, and a second fruit/vegetable source

Important Point!

Regulations permit any of the following:

To offer milk as an integral part of the meal pattern and to charge a separate (a la carte/special sales) price for juice (or fruit-flavored drink or tea) to all students. Schools are urged to consider the offerings and the pricing structure with the goal of encouraging students to accept and consume a nutritionally balanced, reimbursable meal; **or**

To give away juice (or fruit-flavored drink or tea) to all students who request it, regardless of whether they have accepted milk as part of the reimbursable meal. That is, a school may offer another beverage in addition to milk, as long as students are aware that they may take both the milk and the other beverage as part of the unit-priced meal; **or**

To incorporate juice as a creditable fruit/vegetable food item within the reimbursable meal (along with milk, grains/breads, meat/meat alternate, and a second fruit/vegetable source at lunch). As always, the charge for additional servings beyond the unit-priced meal would be subject to the SFA's a la carte/special sales pricing policy.

at lunch). As always, the charge for additional servings beyond the unit-priced meal would be subject to the SFA's a la carte/special sales pricing policy.

The school's policy should be clearly publicized so that students understand their options. If offer versus serve is implemented, the student would still be permitted to decline any one (or two) food item(s) at lunch and one food item at breakfast and receive a reimbursable meal at the unit price. The student's decision to accept or decline the milk component, as such, cannot be used to determine whether the school will charge that student for the

Common Problems...

Milk

1. Milk is placed on the tray of students in lower grades, thus not allowing them to make a choice.

Solution: Allow each student to select his/her own milk.

2. Milk is offered as a choice against another beverage.

Solution: There is no substitute for milk; therefore, it can never be offered as a choice against another food.

3. The SFA is temporarily unable to obtain a supply of milk.

Solution: If emergency conditions temporarily prevent an SFA from having milk available, the SA may approve the service of lunches during the emergency period without milk.

juice or other beverage. The regulations continue to permit the establishment of different unit prices for different choice menus, provided that all students are offered the same selection regardless of free and reduced-price eligibility. Schools are encouraged to offer choices of food items in order to increase consumption and participation.

Milk Shakes in the Reimbursable Lunch

If a milk shake is offered as part of the reimbursable lunch, it must contain, at a minimum, eight ounces of fluid milk.

Reimbursable Meal Patterns for Infants

All of the following criteria must be met in order for infant feeding programs to be eligible to participate in the National School Lunch and School Breakfast Programs in the school:

1. The infants must be enrolled in the SFA.
2. There must be an educational component in their care.
3. There must be an approved application on file for each student for which free or reduced-price reimbursement is claimed.
4. Meals served to these students must comply with the required infant meal patterns.

When planning meals for infants aged birth through 11 months, refer to the following information and use the Infant Meal Pattern, Table 13.

When infants from birth through 11 months of age participate in the National School Lunch Program and/or School Breakfast Program, infant meals must be served. Foods within the infant meal patterns shall be of texture and consistency appropriate for the particular age group being served and shall be served to the infant during a span of time consistent with the infant's eating habits.

For infants four through seven months of age, solid foods are optional and should be introduced only when the infant is developmentally ready. Whenever possible the school should consult

with the infant's parent in making the decision to introduce solid foods. Solid foods should be introduced one at a time on a gradual basis with the intent of ensuring health and nutritional well-being.

For infants eight through 11 months of age, the total amount of food authorized in the meal patterns must be provided in order to qualify for reimbursement. Additional foods may be served to infants four months of age and older with the intent of improving their overall nutrition.

The decision regarding which infant formula to feed a baby is one for the baby's doctor and parents/guardian to make together. A parent or guardian may elect to decline the offered infant formula and supply another formula. However, a SFA may not claim reimbursement for meals containing parent-provided formula as the only component.

Reimbursement for meals provided by parents allows for reimbursement for a meal that includes a substituted food item provided by a parent for a medical reason, such as infant formula, as long as the school supplies at least one required meal component. A medical statement is required for all infant formulas that do not meet the definition for infant formula. According to regulations, infant formula means "any iron-fortified infant formula, intended for dietary use solely as a food for normal, healthy infants served in liquid state at manufacturer's recommended dilution."

Breast milk, provided by the infant's mother, may be served in place of infant formula from birth through 11 months of age. Meals served to infants younger than 8 months that contain only breast milk and no other items may be claimed for reimbursement. Meals containing breast milk or infant formula served to infants eight months of age or older may be claimed for reimbursement when other meal component or components are supplied by the school, provided that the school offered a "formula which meets program requirements" and the decision to decline the offered infant formula was made by the parents/guardian. As consumption of breast milk becomes increasingly prevalent, meal providers must take care to ensure that breast milk is stored and handled properly

Table 13 Section 12B/C Infant Meal Pattern

	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast Pattern for Infants			
Breakfast	4-6 fl. oz. formula ¹ or breast milk ^{2, 3}	4-8 fl. oz. formula ¹ or breast milk ^{2, 3} ; 0-3 Tbsp. Infant cereal ^{1, 4}	6-8 fl. oz. formula ¹ or breast milk ^{2, 3} ; and 2-4 Tbsp. Infant cereal ¹ ; and 1-4 Tbsp. fruit and/or vegetable.
Lunch Pattern for Infants			
Lunch	4-6 fl. oz. formula ¹ or breast milk ^{2, 3}	4-8 fl. oz. formula ¹ or breast milk ^{2, 3} ; 0-3 Tbsp. Infant cereal ^{1, 4} ; 0-3 Tbsp. Fruit and/or vegetable ⁴	6-8 fl. oz. formula ¹ or breast milk ^{2, 3} ; and 2-4 Tbsp. Infant cereal ¹ ; and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans, or peas; or ½-2 oz. cheese; or 1-4 Tbsp. cottage cheese, cheese food or cheese spread; and 1-4 Tbsp. fruit and/or vegetable.
Supplements for Infants (Snacks)			
Supplement (Snack)	4-6 fl. oz. formula ¹ or breast milk ^{2, 3}	4-6 fl. oz. formula ¹ or breast milk ^{2, 3}	2-4 fl. oz. formula ¹ , breast milk ^{2, 3} ; or fruit juice ⁵ 0-½ bread ^{4, 6} or 0-2 crackers ^{4, 6} .

¹ Infant formula shall be iron-fortified.

² It is recommended that breast milk be served in place of formula from birth through 11 months.

³ For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered with additional breast milk offered if the infant is still hungry.

⁴ A serving of this component shall be optional.

⁵ Fruit juice shall be full-strength.

⁶ Bread and bread alternates shall be made from whole-grain or enriched meal or flour. A serving of this component shall be optional.

to prevent possible tainting or spread of disease. In particular, all breast milk given to the provider should have a label stating the child's name, and providers must make sure that each child receives only the breast milk supplied by its mother.

Schools are required to serve either breast milk or iron-fortified formula with all reimbursable meals served to infants under one year of age.

Kindergarten and Pre-kindergarten Programs

The National School Lunch and Breakfast Programs may be operated in schools of high school grade and under. This means that students attending kindergarten and pre-kindergarten programs are eligible to participate in the lunch and breakfast programs. Please refer to the School Lunch Patterns for Food Based Menu Planning, Table 8, when planning meals for these age groups. At the discretion of the SFA, students attending school on a half-day basis may participate in the lunch and breakfast programs in operation.

The Reimbursable Lunch Under Offer Versus Serve (Enhanced Food Based)

Offer versus serve is a serving method designed to reduce food waste and food costs in the school lunch program without jeopardizing the nutritional integrity of the lunches served. It allows senior high school students and, when approved by the local SFA, students in any other grade to choose fewer than all of the food items within the lunch pattern.

Schools that use this method of serving must continue to offer all five required food items of the lunch. A student may refuse one or two of the food items-those he/she does not intend to eat. When a full portion of a food item is declined, a smaller portion may be offered. Offering smaller portions is not mandatory and is a local decision. At least three full portions of the five food items offered must be taken for a lunch to be reimbursable.

Senior High School

Schools are required to implement the offer versus serve provision for senior high school students (grades 9-12). In senior high school, a student must be allowed to refuse those food items which he/she does not intend to eat. A lunch is reimbursable if a student takes full portions of three or more of the five creditable food items offered.

Elementary, Middle and Junior High Schools

The implementation of the offer versus serve provision in schools below the senior high school level is left to the discretion of local SFAs. The school has the option of determining how offer versus serve will operate. In elementary, middle and junior high schools the local SFA may decide:

1. to implement or not implement offer versus serve,
2. to allow students to decline up to two food items (as in senior high schools) or to decline only one food item, and

Important Point!

The school may not require that certain food items be taken. The intent of offer versus serve is to allow students to refuse food items they do not intend to consume. Students must be given the opportunity to decide which three or four food items they will consume. For example, a school may not require a student to take the meat or milk.

3. in which schools and in which grades offer versus serve will be implemented. (Offer versus serve may be implemented in all or some schools in the SFA and in all or some grades in a school.)

Identifying Food Items

The meal requirements are specified in the school lunch pattern according to kinds and amounts of food for each of the four food components. However, you must offer a minimum of five food items in order to meet requirements (the vegetable/fruit component must come from two or more

servings). Menu items are the actual foods you serve, such as tacos, fruit salad, and cake.

Counting Food Items

Meat/Meat Alternate

The meat/meat alternate may be served in one menu item (sliced turkey, 2 ounces) or in the main dish and one other menu item (beef vegetable soup— $\frac{1}{2}$ ounce beef—and grilled cheese sandwich— $1\frac{1}{2}$ ounces cheese). If the meat/meat

Table 13 Section 12B Identifying a Reimbursable Lunch for Enhanced Food Based

The following menus were offered to students, and several different selections of combinations of three food items were made. Selections represent a reimbursable lunch.

Menu Item	Food Item	Portion Size		Student									
		K-6	7-12	1	2	3	4	5	6	7	8	9	10
MENU 1													
Chicken	Meat/MA	2 oz.	2 oz.	X	X		X		X		X		X
Potato	Veg/Fruit	1/2 c.	1/2 c.	X		X			X	X		X	X
Green Beans	Veg/Fruit	1/4 c.	1/2 c.	X		X	X	X			X	X	
Hot Roll	G/B	1 oz.	1 oz.		X	X	X	X	X	X			
Milk	Milk	1/2 pt.	1/2 pt.		X			X		X	X	X	X
MENU 2													
Pizza (Cheese)	Meat/MA	2 oz.	2 oz.	X	X	X							
(Crust)	G/B	1.5 oz.	1.5 oz.	X	X	X							
Green Beans	Veg/Fruit	3/8 c.	1/2 c.	X			X						
Fruit Cocktail	Veg/Fruit	3/8 c.	1/2 c.		X		X						
Milk	Milk	1/2 pt.	1/2 pt.			X	X						
MENU 3													
Hot Dog (Frankfurter)	Meat/MA	2 oz.	2 oz.	X	X	X				X	X	X	X
(Bun)	G/B	1.5 oz.	1.5 oz.	X	X	X	X	X					
Baked Beans	Veg/Fruit	1/4 c.	1/2 c.	X			X		X		X		X
Fresh Apple	Veg/Fruit	1/2 c.	1/2 c.		X		X	X	X	X	X	X	
Milk	Milk	1/2 pt.	1/2 pt.			X		X	X	X		X	X

alternate is split between menu items, both items must be taken in order for the meat/meat alternate to count as one of the five food items. If a student selects only one of the menu items containing meat/meat alternate, the lunch may still be reimbursable if it contains at least three full portions of any other food items. For example, a student could take the sandwich, a piece of fruit and milk and have a reimbursable lunch because it contains three full food items-bread in the sandwich, fruit, and milk.

Vegetable/Fruit

To count the vegetable/fruit component as two food items, the total quantity taken for students in grades K-6 must be $\frac{3}{4}$ cup or more; in grades 7-12 it must be one cup or more. When the total required amount of vegetable/fruit is divided between two sources, it is counted in the manner illustrated in example 1, above right.

Important Point!

In determining whether to count the vegetable/fruit selections as one or two food items, ask the following questions:

1. Did the student select two or more servings of vegetable/fruit?
2. Is the quantity taken at least $\frac{3}{4}$ cup for grades K-6 or 1 cup for grades 7-12?

If the answer to both questions is yes, count the selection as two food items. If one question is answered no, count the selection as one food item.

Example 1: In each situation below, if the student selects one vegetable in the planned amount, it counts as one food item; if the student selects two vegetables in the planned amount, it counts as two food items.

K-6	7-12
$\frac{3}{8}$ cup French Fries	$\frac{1}{2}$ cup French Fries
+	+
$\frac{3}{8}$ cup Corn	$\frac{1}{2}$ cup Corn
=	=
$\frac{3}{4}$ cup Total	1 cup Total

Example 2: In the situations below, if a student selects any one vegetable in the planned amount, it counts as one food item. If the student selects any two vegetables in the planned amounts, it still counts as one food item because the total required amount has not been taken. All three vegetables must be taken in the planned amounts in order to count them as two food items.

K-6	7-12
$\frac{1}{4}$ cup Pickles	$\frac{1}{3}$ cup Pickles
+	+
$\frac{1}{4}$ cup Tomato	$\frac{1}{3}$ cup Tomato
+	+
$\frac{1}{4}$ cup Lettuce	$\frac{1}{3}$ cup Lettuce
=	=
$\frac{3}{4}$ cup Total	1 cup Total

When the total required amount of vegetable/fruit is divided among more than two sources, it is counted in the manner illustrated in example 2, below right.

Grains/Breads

To count the bread as one food item, a full portion of bread must be taken. The bread food item may be planned so that it comes from more than one source, as in the following examples:

½ slice bread + ¼ cup spaghetti = 1 bread

1 taco shell + ¼ cup rice = 1 bread

4 saltine crackers + ¼ cup macaroni = 1 bread

Bread may be counted only once in each reimbursable meal. For example: if a student selected ½ cup spaghetti and eight crackers, it could only be counted as one food item.

Milk

There is no substitute for milk. In order to count milk as one food item, ½ pint of fluid milk must be taken.

Preplate Delivery System

Schools with a preplate delivery system should inform the students that they may request the server to remove from their plate any item or items they do not want. The server should either plate the items the student wants or remove from the plate any item that the student does not want. An announcement by the homeroom teachers, posters in the cafeteria, or other suitable announcements should be used, so that all students will understand and know that they have the privilege of refusing any preplated item.

Prepackage Delivery System

To allow students in schools with a prepackage delivery system some choice, these schools are allowed to implement offer versus serve to the extent that is possible as long as students take at least three full portions.

Additional Considerations

1. The three (or four) food items required to make up a reimbursable lunch must be different food

items. For example: a second portion of chicken, french fries, peaches, hot rolls, or milk could not count toward the reimbursable lunch.

2. In using offer versus serve, all food items specified in the school lunch pattern must be offered to all students. The quantities of each food item offered must be consistent with the minimum quantities specified for that age group. The quantity of vegetables and fruits offered must be consistent with the planned serving size for each item.
3. The lunch must be priced as a unit regardless of whether three, four or all five food items are selected. This means that those students eligible for free lunch will continue to pay nothing; students eligible for reduced-price lunch will still pay the current reduced-price charge; and all other students will pay the full lunch price.
4. Schools providing a la carte/special sales service: As long as all five food items are made available to each student, any combination of food containing the minimum three (or four) required food items of the planned school lunch may be sold at the school lunch unit price and claimed for reimbursement. If students choose less than three (or four) foods that are planned and merchandised as a part of the school lunch, they must pay the a la carte/special sales price of those items. A la carte/special sales prices should be set to cover the total cost of each menu item.
5. Schools are not required to offer another item should a student refuse one of the food items in the meal. If a school wishes, it may elect to offer choices; for example, a choice between two meat/meat alternate items or a selection of two items from three vegetable/fruit items. There is, however, no alternate to the fluid milk component. Some schools offer one or more beverages, such as juice or juice drink in addition to milk. These choices are not interchangeable since they are in different food groups. A student must be permitted to take milk even if he has also chosen the juice or juice drink. Any menus posted or published by a school must accurately reflect this.

Notes: